

THE MIDDLE ATLANTIC STATES

Cities

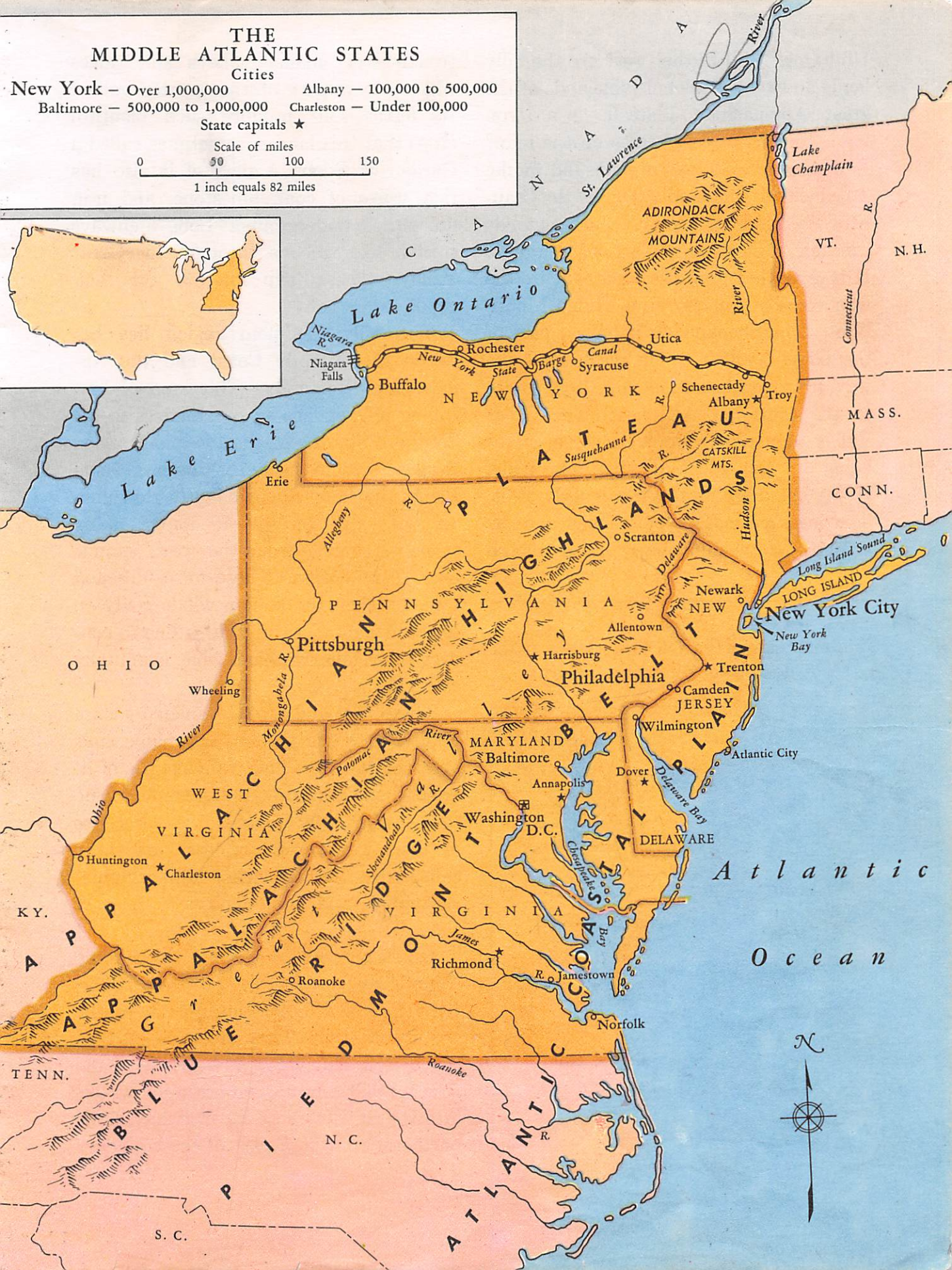
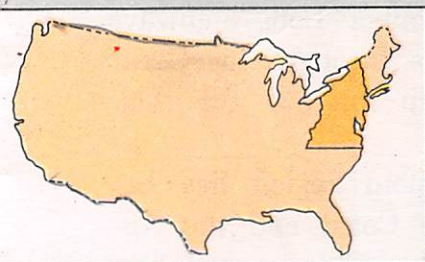
New York — Over 1,000,000 Albany — 100,000 to 500,000
 Baltimore — 500,000 to 1,000,000 Charleston — Under 100,000

State capitals ★

Scale of miles

0 50 100 150

1 inch equals 82 miles



Unit One. Still farther west are the hilly lands and the occasional tablelands of the great Appalachian Plateau. Can you point to each of these areas on the map?

Some large valleys are nestled in the **Appalachian Highlands**. One is the beautiful Shenandoah Valley, which extends through the western part of Virginia. It is separated from the Piedmont by the wooded slopes of the Blue Ridge Mountains. The Shenandoah is only a part of the Great Valley, which reaches all the way from southeastern New York State to the center of Alabama. The Great Valley is narrow, however, some places being only about twenty-five miles wide. If we could fly down the length of it, it would remind us of a long, narrow trough. We should, however, see in the

trough still smaller valleys and ridges which are a part of the greater valley. Its fertile soils produce such plentiful crops that this land is sometimes called a Garden of Eden. A part of it also has rich stores of coal, limestone, and iron ore buried underground. Long highways stretch like ribbons through this Great Valley. These help men to get their goods to market.

The hilly Piedmont region lies between the Atlantic Coast and the **Appalachian Highlands**. This area of low, rolling hills widens as it extends into the Southern States. As the Piedmont region reaches east to meet the lower Coastal Plain, the land slopes slightly downhill. At the edge of the Piedmont many streams, coming from the west, tumble over rocky ledges. These form falls and rapids. Then the stream winds lazily on to the Atlantic. If we draw a line to connect these falls, we have what is actually called the *fall line*.

These falls and rapids provided such a wealth of water power that many mills and factories were built to make use of it. Around the factories grew manufacturing towns which later became cities. Because of their location these cities are often called the fall-line cities. Philadelphia, Baltimore, and Richmond are three of them.

Lakes and rivers cut into the Middle Atlantic States. Two of the Great Lakes, Lake Erie and Lake Ontario, lie to the north and west. They are connected by the Niagara River which drains Lake Erie. Lake Ontario empties its waters into the St. Lawrence River, which flows northeast to form a part of the boundary

This map shows the fall line. Here water provides power for many factories

